



# Newsletter



## Cooking Classes

Join us the first Friday of every month, starting February 6th, from 12–2 PM for fun, hands-on cooking classes at the Hurkett Community Centre!

Why come?

- Build social connections
- Improve your cooking skills
- Learn about nutrition with a Registered Dietitian

All skill levels are welcome. Come cook, learn, and enjoy good food together—we can't wait to see you there!

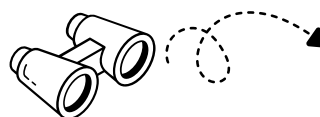


## Indoor Winter Walking Club

Lace up your shoes, and come join the Nipigon District Family Health Team for the annual Indoor Winter Walking Club!

Where: Nipigon-Red Rock District Highschool  
When: Tuesday/Thursday's 6:30-8:00pm

This is a free program, open to all ages/abilities!



## Mobile Health Clinics

The Nipigon District Family Health Team has been offering community "Mobile Health Clinics" in Red Rock, Dorion, Nipigon, and BZA First Nation since October 2025, bringing the clinic setting to our community members.

Our services include:

- Blood Pressure Checks
- Vaccines (Pneumonia/Tetanus/Flu)
- Blood Sugar Checks
- On-site follow-up scheduling with healthcare providers
- A welcoming space to enjoy coffee and conversation with other locals

Visiting the Nipigon Baptist Church Wednesday, January 28<sup>th</sup> from 1-3pm.

**Next clinic dates coming soon!**



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## Online Appointment Booking Available

Nipigon District Family Health Team & the Nipigon Doctors Group — online appointment booking is now LIVE!

Visit the Family Health Team's website at **ndfht.ca** and book your visit anytime, anywhere, in just a few clicks!

### A quick reminder:

Urgent Care is still by phone only, so for anything urgent, give them a call at 807-887-5252 ext. 3. If you don't see the service you need listed online, no stress — call the office at 807-887-5252, follow the prompts to who you need to speak to, and they'll help you with what you need.



## Thinking of Quitting Smoking?

A Registered Nurse at the Family Health Team provides support to assist those who are ready to start their quitting smoking journey.

Nicotine replacement therapy is available **i.e.** Patches, Lozenges, Gum, Inhalers.

Appointments are available through physician or self referral.



JANUARY 14, 2026 BY PWSADMIN

Fresh Start, No Pressure: Simple Nutrition Tips After the Holidays



The holidays were fun... now it's time to reset!

A new blog post is now available on our website about "Simple Nutrition Tips After the Holidays"—easy, realistic ideas you can actually stick with.

Visit our website to have a read!

<https://ndfht.ca/our-blog/>

### Contact us

123 Hogan Rd, Nipigon, ON

807-887-5252 ext. 4

Monday-Friday 8:30-4:30pm

[reception@ndfht.ca](mailto:reception@ndfht.ca)

[ndfht.ca](http://ndfht.ca)